

Sports Injury Clinic

This Sports Clinic was set up for many sports men and women who experience sports injuries. This is a specialist service for all sporting injuries. It is our aim to get you back into the sporting activity you are enjoying. The clinic is led by Dr. William Chan, a sports physician trained in Australia. Dr. William Chan will provide you with the correct advice and care to get you back in your sports again. He can meet your coach or trainer to discuss your progress and plan your sports rehabilitation program.

Sports Injury Rehabilitation

Dr. William will personally assess all sports injuries and arrange the necessary investigations. The clinic provides blood tests, x-ray imaging for your joint and bone, ultrasound scan for assessing the muscles, ligament, tendon and joint. Follow-up visits is arranged to continue monitoring your healing progress.

Medical Consultation

For person suffering from the many common medical conditions that interfere with their sports, Dr. William Chan will be able to give you the appropriate advice on exercise and sports. Some medical illnesses may interfere with your sports activity. Chronic back pain, neck pain and knee osteoarthritis pain can be help with sports rehabilitation therapy. The clinic also provides sports pre-participation evaluation examination.

运动医学简介

众所周知运动对于人们的健康非常重要。适度运动有益身心健康，但是一般上许多都不晓得如何选择最适合本身的运动。运动伤害的产生往往都是做运动时的疏忽所造成。通过运动医学的认识众者可分享如何选择正确的运动，运动时应注重的常识，如何避免、预防及治疗运动伤害，而能够从运动中找到乐趣与健康。

运动损伤护理诊所

本诊所是专为运动员及各界人士提供治疗损伤的专科医务所。本诊所是由澳洲学成归来及富有实际工作经验的运动专科医生:曾良华医生所主诊。曾医生将为您提供正确的劝导和关怀以让您重新进行您所喜爱的运动。曾医生也可配合您的教练或陪训人员以讨论您的运动进展状况和编排复健程序计划。

运动损伤复健

曾医生将亲自为上门求诊的求诊者治疗损伤和编排复健。本诊所也提供验血、X-光和超声波扫描检验来观察关节、肌肉、韧带、肌腱等的损伤。

Sports Injury Therapy 医务所服务和护理

X-Ray Imaging X-光检验

Ultrasound Scan 超声波扫描检验

Physiotherapy 物理治疗

Ultrasound Wave Therapy 超声波治疗

Interferential Therapy 干扰电疗

Cryotherapy 冰敷治疗

TENS 皮外电疗法

Infrared Heat Therapy 红外线治疗

Stretching Exercise 伸展练习

Strengthening Exercises 肌力强化练习

Acupuncture 针灸

Myofascial Release 舒解肌肉绷紧

Sports Injury Rehabilitation

运动复健治疗

Joints Injection 关节注射

Muscles Injection 肌肉注射

Muscles Trigger Points Injection
肌穴道注射

Prolotherapy 增生注射

Neck Pain Rehabilitation. 颈部复健

Shoulder Pain Rehabilitation

肩部复健

Hand Pain Rehabilitation 手部复健

Back Pain Rehabilitation. 腰背复健

Knee Pain Rehabilitation 膝部复健

Leg & Ankle Pain Rehabilitation
腿、脚部复健